



*Division of
Mental Health
and Addictions.*

Logansport State Hospital

The Spectrum

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Thank You!

I would like to recognize the staff from LSH who worked at our table at the Cass County Fair. They are:

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I sincerely appreciate your willingness to volunteer your time and serve for the good of Logansport State Hospital.

Rob
Robert E. Clover
Superintendent

Appreciation

"I would like to thank everyone for your kindness during the recent passing of my mother. The many prayers, cards, flowers, gift card, and kind words were a comfort to me during this difficult time. I am so grateful to work with such caring, compassionate people. I appreciated everything so much! Again, thank you!"

Janet Kite



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Logansport State Hospital
1098 S. State Rd. 25
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Darrin Monroe	Editor & Photographer...ext. 3803
Chris Taylor.....	Comm. Servicesext. 3709
Brian Newell.....	Librarianext. 3712
Jani Foreman	Staff Development.....ext. 3800
Ramona Weiss.....	Isaac Rayext. 3290

LSH Wellness Initiative Committee Communication

SUMMER SAFETY TIPS from LSH Wellness Committee:

With the start of great weather and summer, comes vacationing and trips to the beach, camping, pools....Start your summer out by being aware of safety that goes along with the fun trips in your future.

Barbecue, Grilling, & Camp/Bonfires

What's a summer without a barbecue? The CDC estimates that 76 million Americans get sick from food-related illness every year. More than 300,000 end up hospitalized and about 5,000 die each year from foodborne illness. To make sure that your meal goes off without an emergency trip to the restroom or the ER, always make sure to wash your hands before handling food. Make sure that mayonnaise and salads with mayonnaise stay out of the sun, not permitting them to sit out for more than 15 minutes in the sun. Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure your grilled meats are "done." Don't cross-contaminate one food with another. Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food. Bacteria can grow quickly at room temperature, so refrigerate leftover foods promptly. Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of items such as a head of lettuce or cabbage.

Store and use fire propellants (such as lighter fluids) properly. Be cautious as to what you burn knowing that some items are caustic/hazardous/explosive – such as plastic, rubber tires, batteries, medications, chemicals, etc. Do not use gasoline or inappropriate fluids to start your fire. When lighting grill, campfires, bonfires, or trash barrels, be aware that if you have chemicals on your body or in hair that contain alcohol (hair spray/gels, sun screen, body spray/cologne, etc), either bathe or use extreme caution to avoid burns to the skin if it should become flammable. Keep a hose, fire extinguisher, or water source handy when burning brush, leaves, grilling, or campfires. When camping, monitor fuel burning lamps and keep flashlights handy.

Bugs, Critters, and Bites

WebMD states, "Bees and wasps offer the greatest chance of acute reactions that can be serious", according to toxicologist Stephen Pennisi, PhD, Director of the Lanacane Itch Information Center in White Plains, N.Y. Signs of a severe, life-threatening reaction include dizziness due to a drop in blood pressure and an inability to breathe from swelling in the nose and throat. Many people who have allergies already know what they are and many have EpiPens. But people who don't know yet that they are allergic can have a problem when they get stung. Hives develop very quickly if you are allergic. When insects such as a bee, wasp, hornets, spiders, etc bite or sting, the venom gets into lungs and then the heart pumps more quickly. Within minutes, you will definitely know that you are having a reaction. "The greatest chance of multi-stings from bees, wasps, or hornets is when you approach their nest or hive," Pennisi says. Make sure to get the stinger out quickly. Use a credit card or a blunt-edge object to try to scrape out the stinger. Apply ice on the sting to reduce the swelling and minimize any discomfort. Keep the area clean as possible. A topical anesthetic is also helpful to ward off itch and pain that can accompany a bite or sting.

Another insect that can be quite a summer pest to both humans and pets are ticks. To prevent tick bites wear appropriate clothing when you go out -- including light-colored clothing on legs, so you can spot any ticks quickly. Insect repellent is also helpful. Thoroughly look over your pets fur, ear folds, and even in their mouth. Apply a repellent containing DEET to clothes and exposed skin, and apply permethrin (which kills ticks on contact) to clothes. "If you do find a tick on your skin or your pets, remember that it's more of a concern when they burrow into the skin and go deep enough to reach blood vessels and draw blood," Pennisi says. "When getting the tick out, it's important to get as much out as possible," he says, "Bring tweezers with you if you are going to be in a tick-infested area to ensure that you get as much as possible," he says. Lyme disease is caused by the bite of a tick infected with the bacteria that cause the disease. A few days to weeks after the tick bite, a "bull's-eye" rash may appear with fever, headache, and muscle or joint pain, or a flu-like illness. It is most common during the late spring and summer months in the U.S. and occurs mostly in the northeastern and upper Midwest states.

The AMCA (American Mosquito Control Association) states there are over 3,000 different species of mosquitoes throughout the world; currently 176 species are recognized in the United States. Mosquitoes can be an annoying, interfering with work and spoil hours of leisure time. Their attacks on farm animals can cause loss of weight and decreased milk production. Some mosquitoes are capable of transmitting diseases such as malaria, yellow fever, dengue, filariasis and encephalitis [St. Louis encephalitis (SLE), Western Equine encephalitis (WEE), LaCrosse encephalitis (LAC), Japanese encephalitis (JE), Eastern Equine encephalitis (EEE) and West Nile virus (WNV)] to humans and animals. Wear light colored, loose fitting clothing. Studies have shown that mosquitoes are more attracted to dark clothing and most can readily bite through tight-fitting clothing of loose weave. When practical, wear long sleeves and pants. All mosquitoes require water in which to breed. Be sure to drain any standing water around your house including pet dishes, kids toys, tires, canoes, tarps, barrels/buckets, etc. Choose a mosquito repellent that has been registered by the Environmental Protection Agency. AMCA notes there are four repellents that are approved and recommended are:

- DEET (N,N-diethyl-m-toluamide)
- Picaridin (KBR 3023)
- Oil of lemon eucalyptus (p-methane 3,8-diol, or PMD)
- IR3535

Snakes are versatile animals, successful on land, in the sea, in forests, in grasslands, in lakes, and in deserts. Despite their sinister reputation, snakes are almost always more scared of you than you are of them. Few snakes, with the occasional exception of king cobras or black mambas, act aggressively toward a human without provocation. WebMD reports only 400 of 3,000 snake species worldwide inject venom (a poison) and "It has been estimated that up to 1.8 million snakebites occur worldwide each year, causing between 20,000 and 94,000 deaths. About 5 deaths occur per year from snakebites in the United States." Any snakebite victim should go to a hospital emergency department unless the snake is positively identified by an expert as nonvenomous. Remember, misidentification of the snake species could be a fatal error. Bites by nonvenomous species require good wound care. Victims should receive a tetanus booster if they have not had one within the last 5 years. Do NOT cut and suck - Cutting into the bite site can damage underlying organs, increase the risk of infection, and does not result in venom removal. Do NOT use ice - Ice does not deactivate the venom and can cause frostbite. Do NOT use electric shocks - The shocks are not effective and could cause burns or electrical problems to the heart.

Do NOT use alcohol - Alcohol may deaden the pain, but it also makes the local blood vessels bigger, which can increase venom absorption. Do NOT use tourniquets or constriction bands - These have not been proven effective, may cause increased tissue damage, and could cost the victim a limb. DO try to identify the snake (description &/or take photo of it), avoid 2nd bite to yourself or others, monitor conditions (breathing, wound/eye care, etc), provide immediate care and transport victim for medical attention.

Heat Exhaustion & Heat Stroke

"Heat stroke is a big problem for workers who are overdoing it on the job and can't say, 'I have to cool down and take a break,'" says Sue Leahy, president of the American Safety and Health Institute in New Paltz, N.Y. Older people, pets, and children, too, are susceptible, especially in a hot apartment with no air conditioning. Stay hydrated to avoid heat stroke with water or beverages with electrolytes that help replace salt and retain fluid such as Gatorade, PowerAde, Pedialyte. Come in out of the sun and take frequent breaks.

Usually the first sign of heat exhaustion is cramping, especially in the legs. Other signs are light sweating leading to profuse sweating, lightheadedness, and feeling nauseous. Signs of heat stroke include the body stops sweating (as it can no longer cool itself), red/hot/dry skin, rapid pulse, throbbing headache, confusion, and dizziness.



Let your body cool down naturally during the early stages of heat exhaustion. Seek shade and drink fluids. However, if you miss the signs of exhaustion and it progresses, put ice packs on the groin, armpits and neck. Cool the body by immersing the body in cool water, placing the person in a cool shower, or wrapping the person in a cool, wet blanket.

Weather – Alerts, Watches, and Warnings

The American Red Cross reports "A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes." Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages. There are many websites, tv stations, and phone applications that advise of weather in the area, and many phone applications can even be set to notify you through alerts/notification on your phone or over your Bluetooth through the car to advise you of potentially hazardous weather in your location.

Know the difference between a watch and a warning. Watches mean that the weather (thunderstorm, tornado, hurricane, blizzard, etc) is possible in and near the area. Stay informed and be ready to act if a warning is issued. Warnings mean that severe weather has been reported by spotters and/or indicated by radar. Warnings indicated danger to life/property and you should seek shelter.

Water Safety – Beach, Lake, Pool, & Hot Tub

WebMD reports “Thousands of Americans drown each year, and thousands more are injured or killed in boating accidents. Drowning is the second leading cause of injury-related death for children age 14 and under.”

The American Red Cross reports “Tragically though, over 200 young children drown in backyard swimming pools each year.” Follow these common-sense precautions for safe summer fun in the water, whether at a beach, lake, pond, home pool, or hot tub:

- Always have an adult closely supervise young children and pets any time they are swimming, playing or even bathing in water.
- Never swim alone or in unsupervised locations...swim with a buddy or where there is a lifeguard.
- Never drink alcohol before or while swimming, boating or water skiing, and never drink alcohol while supervising children.
- Learn to swim – contact your local city pool, YMCA, or local Red Cross chapter to find out more on lessons.
- Properly maintain your pool to help prevent the spread of infectious diseases. Never swallow pool, lake, or river water.
- Wear a life jacket around water, especially when boating – and make it a requirement for young children & inexperienced swimmers.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes.
- Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- Obey all instructions and orders from lifeguards.
While you're enjoying the water, keep alert and check the local weather conditions.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15. Re-apply frequently.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

Prevent Unsupervised Access to the Water

- Secure your pool and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool or hot tub is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.
- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviors, such as "no diving," "stay away from drain covers," "swim with a buddy" and "walk please."

Rip currents can be hazardous to people who are in the water. Swimmers or floaters who are caught in a rip and who do not understand what is going on, may not have the necessary water skills, may panic, or may exhaust themselves by trying to swim directly against the flow of water. Because of these factors, rips are the leading cause of rescues by lifeguards at beaches, and in the US rips are responsible for an average of 46 deaths from drowning each year according to the American Red Cross.

For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, stay calm and don't fight the current.
- Swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore.
- If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- If you feel you can't make it to the shore, draw attention to yourself by waving and calling for help.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.
- If someone is in trouble in the water, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the victim something that floats – a lifejacket, cooler, inflatable ball and yell instructions on how to escape the current.
- When at the beach, check conditions before entering the water. Check to see if any warning flags are up or ask a lifeguard about water conditions, beach conditions, or any potential hazards.

Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses.

RESOURCES: WEB MD: <http://www.webmd.com/women/features/surviving-summer> and <http://www.webmd.com/a-to-z-guides/snakebite>
CDC: <http://www.cdc.gov/family/camping/> and <http://www.cdc.gov/media/pressrel/r030626.htm>
RED CROSS: <http://www.redcross.org/prepare/disaster/>
AMCA: <http://www.mosquito.org/>



Eye Protection

Your eyes are one of the most important senses. The sun's rays can seriously damage the eyes and lead to vision loss, cataracts, macular degeneration and eyelid cancers. However, protective strategies will help keep our eyes and the sensitive skin around them healthy. Ultraviolet A (UVA) and ultraviolet B (UVB), powerful, invisible rays with wavelengths shorter than visible light, are the most dangerous parts of sunlight. They can cause cataracts, eyelid cancers and other skin cancers (Banyas).

Are You at Risk?

The fairer your skin, the greater your age, and the lighter your eyes, the higher your long-term risk, especially if your work or recreation involves prolonged sunlight exposure. Light eyes are at increased risk for skin cancer and certain eye diseases because they contain less of the protective pigment melanin.

Best Defense

Lenses that absorb/block UV offer strong defense against eye and eyelid damage. It's best to wear sunglasses year-round in the sun. Even on overcast days, UV can penetrate through clouds and haze.

For proper protection, sunglasses should offer the following:

- The ability to absorb and block 99 to 100 percent of UVA and UVB light. Ideally, they should also guard against HEV light.
- Sufficient size to shield the eyes, eyelids, and surrounding areas. The more skin covered, the better. Wraparound styles with a comfortable, close fit and UV-protective side shields are ideal.
- Durability and impact resistance.
- Polarized lenses to eliminate glare, especially when driving, but also out in the snow or on the water, where reflection greatly magnifies glare. Continuing glare can cause fatigue, headaches, and even migraines.

Reference:

Implications of the blue light hazard and (ROS) in the pathogenesis of age-related macular degeneration, Dr. George Banyas, OD.

Sunscreens

Sunscreens help shield you from the sun's dangerous ultraviolet (UV) rays in two ways (Leffell, 2000):

- By scattering the light, reflecting it away from your body.
- Others absorb rays before they reach your skin.

In years past, a consumer would choose a sunscreen based upon a high sun protection factor (SPF). The rating told us how well the sunscreen protects against one type of cancer causing ultraviolet B or UVB ray only (Leffell, 2000).

Research has shown that ultraviolet A rays (UVA) also increase the risk of skin cancer. UVA rays don't cause sunburn; however, they do penetrate deeply into skin causing wrinkles. The Environmental Protection Agency (EPA) estimates that up to 90% of skin changes associated with aging is really caused by a lifetime's exposure to UVA rays (Taylor, et al., 1990).

So which is the best sunscreen for you? A broad-spectrum or multi-spectrum protection for both UVB and UVA. Ingredients with broad-spectrum protection include benzophenones (oxybenzone), cinnamates (octylmethyl cinnamate and cinoxate), sulisobenzene, salicylates, titanium dioxide, zinc oxide, avobenzone (Parsol 1789) and ecamsule (Mexoryl SX).

- SPF 15 or higher for UVB protection. The SPF factor rates how effective the sunscreen is in preventing sunburn caused by UVB rays. If you'd normally burn in 10 minutes, SPF 15 multiplies that by a factor of 15, meaning you could go 150 minutes before burning.

For the vast majority of people, SPF 15 is fine but people who have very fair skin, a family history of skin cancer, or conditions like lupus that increase sensitivity to sunlight should consider SPF 30 or higher. Keep in mind that the higher the SPF, the smaller the increased benefit: contrary to what you might think, SPF 30 isn't twice as strong as SPF 15. While SPF 15 filters out 93% of UVB, SPF 30 filters out 97%, only a slight improvement (Leffell, 2000).

- **UVA protection.** There is no rating to tell you how good a sunscreen is at blocking UVA rays. When it comes to UVA protection, pay attention to the ingredients. Look for a sunscreen that contains at least one of the following: ecamsule, avobenzone, oxybenzone, titanium dioxide, sulisobenzene, or zinc oxide.
- **Water and sweat resistance.** If you're going to be exercising or in the water, it's worth getting a sunscreen resistant to water and sweat. But understand what this really means. The FDA defines water resistant sunscreen as meaning that the SPF level stays effective after 40 minutes in the water. Very water resistant means it holds after 80 minutes of swimming. These sunscreens are in no way water-proof, so you'll need to reapply them regularly if you're taking a dip.
- **Kid-friendly sunscreen.** The sensitive skin of babies and children is easily irritated by chemicals in adult sunscreens, so avoid sunscreens with para-aminobenzoic acid (PABA) and benzophenones like dioxybenzone, oxybenzone, or sulisobenzene. Children's sunscreens use ingredients less likely to irritate the skin, like titanium dioxide and zinc oxide. For kids 6 months or older, look for a sunscreen designed for children with an SPF of 15 or higher. The American Academy of Pediatrics recommends that babies under 6 months be kept out of the sun altogether (American Academy of Pediatrics, 1999).
- **Sunscreen for skin problems or allergies.** People who have sensitive skin or skin conditions like rosacea may also benefit from using sunscreens designed for children. Go for titanium dioxide or zinc oxide instead of chemicals like para-aminobenzoic acid (PABA), dioxybenzone, oxybenzone, or sulisobenzene. If you have skin irritation or allergies, avoid sunscreens with alcohol, fragrances, or preservatives.

FDA Monograph Sunscreen Ingredients	Amount of Ray Protection		Chemical (C) or Physical (P)
	UVA	UVB	
Aminobenzoic acid (PABA)	○	●	C
Avobenzone	●	◐	C
Cinoxate	◐	●	C
Dioxybenzone	◐	●	C
Ecamsule	●	◐	C
Homosalate	○	●	C
Menthyl anthranilate	◐	●	C
Octocrylene	◐	●	C
Octyl methoxycinnamate	◐	●	C
Octyl salicylate	○	●	C
Oxybenzone	◐	●	C
Padimate O	○	●	C
Phenylbenzimidazole	○	●	C
Sulisobenzene	◐	●	C
Titanium dioxide	◐	●	P
Trolamine salicylate	○	●	C
Zinc Oxide	●	●	P

Protection Level: ● = extensive ◐ = considerable ◑ = limited ○ = minimal

For the most up-to-date information on approved sunscreen ingredients, visit the FDA Web site at <www.fda.gov>.

How to Wear Sunscreen

While choosing the right sunscreen is important, it won't help much if you don't use it daily and correctly. Use the following tips from the experts:

- Apply the sunscreen 15 to 30 minutes before you go out in the sun. For woman, sunscreen can be applied under makeup. Use about 1 ounce (or 2 tablespoons) to cover your whole body. Don't skimp. A number of studies show that people simply don't use enough -- and only get 10% to 25% of the benefit.
- Don't forget the easy-to-miss spots, like the tips of your ears, your feet, the back of your legs, and, if you have one, your bald spot. Since your lips can also get sunburned, use a UV-protective lip balm and reapply it regularly.
- No matter how long-lasting it's supposed to be, reapply sunscreen at least every 2 hours, and more often if you're sweating or getting wet.
- Pay attention to the expiration date on the bottle. Sunscreen loses its effectiveness over time.
- Wear sunscreen whenever you're out during the day -- and not only when it's hot and sunny. On a grey, overcast day, up to 80% of the dangerous UV rays still make it through the clouds. And during the winter, exposure to the sun's rays still can have damaging effects on your skin.

Sunscreen Isn't Enough

Some people have the impression that wearing sunscreen makes them fully protected against the sun's rays. No sunscreen can do that.

No matter how high the SPF, no matter how thickly you slather it on, sunscreen will never fully protect you. This misunderstanding can be dangerous: people who think they're safe wind up spending too much time in the sun and raise their risk of skin cancer and other problems. Even your clothes may not protect you. The average cotton T-shirt only has a pitiful SPF of 4.

So in addition to wearing good sunscreen, you still need to take other precautions:

- Stay in the shade when possible.
- Wear sunglasses.
- Stay inside when UV radiation levels are highest, usually from 10 a.m. to 4 p.m. in the U.S.
- Wear a broad-brimmed hat.
- Wear sun-protective clothing, preferably with a UVP (ultraviolet protection rating) on the label. At least wear clothes that are dark and tightly woven, which offer a bit more protection.

The UV Index	
Index Number	Exposure Level
≤ 2	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11+	Extreme

Sunscreen works but protecting yourself against ultraviolet rays requires a lot more than sunscreen alone. And remember that with sunscreen, you need to defend yourself against the sun's rays with both UVA and UVB protection.

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Taylor, C.R. et al, (1990). *Photoaging/Photodamage and Photoprotection*. *Journal of American Academy of Dermatology*, 22: 1-15.

American Academy of Pediatrics (1999). *Ultraviolet Light: A Hazard to Children*, *Pediatrics*, 104: 328-333. Retrieved from www.epa.gov/.../sunscreen.

Summer Safety Tips for Dogs

<http://www.akc.org/learn/dog-health/summer-safety-tips/>

AMERICAN KENNEL CLUB - June 01, 2015

Hot weather can make us all uncomfortable, and it poses special risks for your dog. Keep the following safety concerns in mind as the temperature rises, and follow our tips to keep your dog cool.

Heat Hazards

If your dog is outside on a hot day, make sure he has a shady spot to rest in. Doghouses are not good shelter during the summer as they can trap heat. You may want to fill a child's wading pool with fresh water for your dog to cool off in. Never leave your dog in a closed vehicle on a hot day. The temperature inside a car can rise to over 100 degrees in a matter of minutes. Always provide plenty of cool, fresh water. Avoid strenuous exercise on extremely hot days. Take walks in the early mornings or evenings, when the sun's heat is less intense. Try to avoid prolonged exposure to hot asphalt or sand, which can burn your dog's paws. Dogs that are brachycephalic (short-faced), such as Bulldogs, Boxers, Japanese Chins, and Pekingese, have an especially hard time in the heat because they do not pant as efficiently as longer-faced dogs. Keep your brachycephalic dog inside with air-conditioning.

General Health

Make sure your dog's vaccinations are up to date, especially since dogs tend to stay outdoors longer and come into contact with other animals more during the summer months.

Keep dogs off of lawns that have been chemically treated or fertilized for 24 hours (or according to package instructions), and away from potentially toxic plants and flowers.

Keep your dog well-brushed and clean.

Fleas and ticks, and the mosquitos which carry heartworm disease, are more prevalent in warmer months. Ask your veterinarian for an effective preventive to keep these parasites off your dog. The [AKC Pet Healthcare Plan](#) can help with the cost of providing quality healthcare, including preventive medicine, throughout your dog's life.

Beach Tips



Make sure your dog has a shady spot to rest in and plenty of fresh water. Dogs, especially those with short hair, white fur, and pink skin, can sunburn. Limit your dog's exposure during the day and apply sunblock to his ears and nose 30 minutes before going outside. Check with a lifeguard for daily water conditions. Dogs are easy targets for sea lice and jellyfish. Running on the sand is strenuous exercise. A dog that is out of shape can easily pull a tendon or ligament, so keep a check on your dog's activity. Do not let your dog drink seawater; the salt will make him sick. Salt and other minerals in ocean water can damage your dog's coat, so rinse him off at the end of the day. Not all beaches permit dogs; check local ordinances before heading out.

Water Safety

Most dogs enjoy swimming, but some cannot swim, and others may hate the water. Be conscious of your dog's preferences and skills before trying to make him swim. If you're swimming for the first time with your dog, start in shallow water and coax him in by calling his name. Encourage him with toys or treats. Or, let him follow another experienced dog he is friendly with. Never throw your dog into the water. If your dog begins to paddle with his front legs, lift his hind legs and help him float. He should quickly catch on and keep his back end up. Don't let your dog overdo it; swimming is very hard work and he may tire quickly. If swimming at the ocean, be careful of strong tides. If you have your own pool, make sure your dog knows where the stairs or ladder are located. Be sure that pool covers are firmly in place; dogs have been known to slip in under openings in the covers and drown. Never leave your dog unattended in water.

Travel

By Air

Many airlines will not ship animals during summer months due to dangers caused by hot weather. Some will only allow dogs to fly in the early morning or in the evening. Check with your airlines for specific rules. If you do ship a dog, put icepacks or an ice blanket in the dog's crate. (Two-liter soft drink bottles filled with water and frozen work well.) Provide a container of fresh water, as well as a container of frozen water that will thaw over the course of the trip.

By Car

Keep your dog cool in the car by putting icepacks in his crate. Make sure the crate is well ventilated. Put a sunshade on your car windows. Bring along fresh water and a bowl, and a tarp or tent so you can set up a shady spot when you stop. Keep a spray bottle filled with water to spritz on your dog to cool him down.

By RV

A dog's safety should not depend on the air conditioning and generator systems in an RV or motor home. These devices can malfunction, with tragic results. If you leave your dog in an RV with the generator running, check it often or have a neighbor monitor it. Some manufacturers have devices that will notify you if the generator should malfunction. Never leave an RV or motor home completely shut up, even if the generator and AC are running. Crack a window or door or run the exhaust fan. Never, ever leave a dog unattended in a vehicle in the summer months. Heatstroke and death can occur within minutes in warm temperatures.



Heatstroke

Heatstroke can be the serious and often fatal result of a dog's prolonged exposure to excessive heat. Below are the signs of heatstroke and the actions you should take if your dog is overcome.

Early Stages:

- Heavy panting.
- Rapid breathing.
- Excessive drooling.
- Bright red gums and tongue.

- Standing 4-square, posting or spreading out in an attempt to maintain balance.

Advanced Stages:

- White or blue gums.
- Lethargy, unwillingness to move.
- Uncontrollable urination or defecation.
- Labored, noisy breathing.
- Shock.

If your dog begins to exhibit signs of heatstroke, you should immediately try to cool the dog down:

- Apply rubbing alcohol to the dog's paw pads.
- Apply ice packs to the groin area.
- Hose down with water.
- Allow the dog to lick ice chips or drink a small amount of water.
- Offer Pedialyte to restore electrolytes.

Check your dog's temperature regularly during this process. Once the dog's temperature has stabilized at between 100 to 102 degrees, you can stop the cool-down process. If you cannot get the dog cooled down and you begin to see signs of advanced heatstroke, take the dog to the veterinarian immediately.

Summer Ideas

Neat ideas for summer....

SAND STICKING???

All that sand, however, makes a BIG mess! Sand can stick to a sweaty, sun-block covered body like a second skin. Fortunately, there is an incredibly easy way to remove sand and keep it from sticking to your skin: Baby Powder. Just Pour ample amount of baby powder into hands, rub hands together and "wash" them like you would soap and water. That's it. It really is that easy. This tip is incredibly helpful if you like to pack snacks to eat at the beach but don't care for the taste of sand! Of course, it can also be used on feet, legs, arms, or basically anywhere you don't want sand sticking. Baby powder truly is a beach bag essential!



MONEY THAT FLOATS OR HIDES???

Need a place to put some money but don't want it in an obvious place or able to stay dry? Try this little trick below using a medicine bottle. Another great money holder, but smaller is a Chapstick or Marker Money Stash. This DIY comes from Instructables.



NEED ICE PACKS???

Don't buy ice packs. Fill water balloons and use them to cool food in the cooler idea from Brit Co. They make for some fun later!



KEYS THAT FLOAT???

DIY Cork Key Chain allows your keys to float, especially helpful for the boater. Idea on Green Moxie



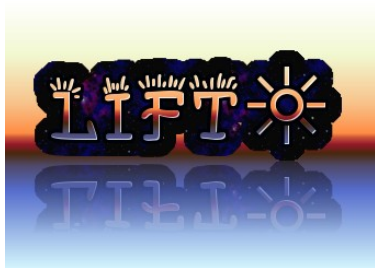
STICKY HANDS???

No one likes sticky hands. Check out this Ultimate Popsicle Hack using a cupcake holder...idea from Ziploc.



Sincerely,
LSH Wellness Committee Members

Cynthia Bruce, Adaline Cunningham, Becky Dutton, Guanita Jackson,
Michael Jefferson, Rena Magers, Darrin Monroe, Sarah
Rutschmann, and Kathy Pattee



Are you wondering about the hot air balloon buzz...?

Read for more information about our new LIFT
Program!

LIFT

The purpose of the LIFT Program is to empower patients to take an active role in their own treatment. It will provide patients with opportunities to give back to others and positively impact the community. The programs and activities will assist patients in learning to interact safely with others. Ultimately, it will encourage patients to realize they possess the ability to make a difference in their own lives and in their community. As a result of these activities and programming, funding will be generated to benefit the growing needs of LTC.

Outcomes and Assessment

Short-term goals include the following: patients will experience team work, cohesiveness, giving back to others, a sense of ownership in the community, and volunteering.

Long-term goals benefiting the patients include: empowerment, increased life satisfaction, increase well-being, improved social connectedness, improved resiliency factors (including social competence, problem solving, autonomy, and a sense of purpose and belief in a bright future), and resourcefulness.

Detailed Description of LIFT

LIFT would be organized in the following ways:

- This program will consist of two groups: one group comprised of patients from each or all of the four units and another group that will focus primarily on fundraising.
- Staff members will engage in fundraising activities in cooperation with patients, and also organize “staff only” fundraisers to benefit the program
- Patient participation fundraisers will be organized according to patient privilege levels. Patients who have earned Yellow level privileges will be offered projects during the large/small LIFT groups on grounds. Patients who have earned Green Level privileges will be given the opportunity to participate in projects and activities in the community.

Program Sustaining Ideas

Car Wash
Farmers Market
Softball Tournament
Carnival
LTC and/or LSH walk/run
LTC and/or LSH garage sale
Partnering with local businesses/organizations
AND MANY MORE!!!

Giving Back Ideas

Care packages for Troops
Blankets for Nursing Homes
Hats/Scarves for Homeless
Food Pantry Donations
Memory Gardens Relocation
Adopt a Highway
Beautification of Grounds
AND MANY MORE!!!

LIFT Members:

Kathy Hacker (ext. 3742)

Liz Lantz (ext. 3847)

Sue Brock (ext. 3840)

Morgana Thomas (ext. 3713)

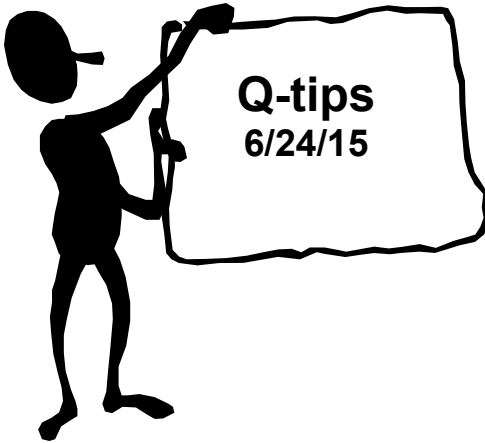
Candice Cogdill (ext. 3710)

Sara Jurado (ext. 3766)

1098 State Road 25 South
Logansport, IN 46947
Phone: (574) 737-3742
Kathy.Hacker@fssa.in.gov

Happy Retirement Carole Kinsey





Continuous Readiness Reminders

■ Privacy of Patient Information

By Quality Management

The Privacy Rule permits certain incidental uses and disclosures of PHI as long as the covered entity (LSH) has applied reasonable safeguards and implemented the minimum necessary standard with respect to primary use and disclosure.

The following practices are permissible under the Privacy Rule, ***IF REASONABLE PRECAUTIONS ARE TAKEN TO MINIMIZE THE CHANCE OF INCIDENTAL DISCLOSURES TO OTHERS WHO MAY BE NEARBY:***

- Health care staff may orally coordinate services at hospital nursing stations.
- A health care professional may discuss lab tests results with a patient or other provider in a joint treatment area.
- A physician may discuss a patients' condition or treatment regimen in the patient's semi-private room.

REASONABLE SAFEGUARDS FOR INDIVIDUALS' HEALTH INFORMATION INCLUDE

- Speaking quietly or moving to a private area when discussing a patient's condition.
- Avoid using patients' names in public hallways.
- Keeping chart rooms locked at all times
- Maintain passwords on computers containing patient information.



Protection of patient confidentiality is an important practice for health care and health information management professionals!

Monetary fines may be imposed on our facility and staff found to be violating HIPAA laws!

Arts-'n-facts

Longcliff Museum Art-'n-facts 1960's
Solons OK Pay Boost for 558 at Longcliff

Pay raises will be given 558 employees of the Logansport state hospital on July 1 if the General Assembly adopts mental health budget increases recommended Tuesday by the Ways and Means committee of the Indiana House of Representatives.

The Ways and Means committee added a provision to the budget bill that mental hospital employees must be paid at least \$275 per month for the first year of the 1965-67 biennium which begins July 1, and at least \$305 per month during the second year of the biennium beginning July 1, 1966.

AFFECTED by the upgrading of salaries would be 421 psychiatric aides (attendants) and 137 institutional workers at Longcliff.

Psychiatric aides now have a beginning salary of \$235 per month. This would boost their beginning pay \$40 per month the first year and an additional \$30 per month the second year.

Institutional workers now start at a salary of \$215 per month. If the change in the budget bill is permitted to stand as presently worded, their salaries would be increased \$60 per month the first year and \$30 per month the second year.

SALARIES of the higher grades of institutional workers and attendants would also have to be increased accordingly. Aides no receive \$265 per month after they complete their basic training and after they reach the Attendant V classification they receive \$285 per month. There are presently 61 aides in the latter category and 96 in the Attendant III class.

Institutional workers now received \$225 per month after they have advanced above the beginning classification.

Dr. Ernest Fogel, Longcliff superintendent, said Wednesday he is opposed to giving the same starting salary to institutional workers as that given psychiatric aides.

PSYCHIATRIC aides must be high school graduates and are directly responsible for the care of the patients, while the institutional workers may be ordinary laborers without educational requirements, he pointed out.

The big turnover in Longcliff and other mental hospitals has been in psychiatric aides. The hospital has not had difficulty in obtaining institutional workers, the superintendent reported.

The Department of Mental Health asked that attendants be given \$325 per month and institutional workers \$305 per month as their basic pay.

Logansport Pharos-Tribune (February 10, 1965)

Culinary Corner

BOILED CRABS



PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

A seafood boil is a South Louisiana tradition and crabs are a favorite anytime of the year. Living in Bossier City, LA for almost 6 years was a great treat for me and my family, because we love sea food.

Abe's Crab Shack in Shreveport, LA was the best place to get boiled crabs, but since we don't have an Abe's here, Zatarain's makes a crab boil that is just as good.

INGREDIENTS

3 quarts water
1 package ZATARAIN'S Crawfish, Shrimp and Crab Boil-In a bag
¼ cup salt
1 lemon quartered
1 dozen crabs

DIRECTIONS

1. Bring water, crab boil bag, salt and lemon to boil in large saucepot. Bring to a boil
2. Place crabs carefully in liquid. Return to boil.
3. Boil crabs vigorously for 5 minutes. Let stand 15-20 minutes before removing crabs from liquid.

Ref: Zatarain's

50's – Power Up with Protein

In your 50s both your metabolism and muscle mass drop significantly, so it's important to make time for exercise and to keep your protein up. When you find yourself doing "the refrigerator stare" – feeling hungry but not sure what you want – reach for things like lean meats, egg whites and Greek yogurt.

A healthy protein target is half your weight a day, so if you weigh 150 pounds, you need 75 grams of protein. But don't skip carbs completely – because of your slower metabolism, this is not the time for any diets that eliminate any food groups.

"Fad diets will make your weight swing, a balanced diet is best."

Ref: Dr. Collins

FRESH FEATURE

Are you an effective communicator?

By Carole Kanchier, special for USATODAY.com

Effective communication is essential to every organization and relationship. Not only what you say but how you say it often determines how you're viewed and whether you'll get that desired job, contract or promotion.

Are your communication skills hindering your career? Use these tips to clearly communicate with co-workers and potential bosses.

1. Respect others. Respect requires trust, equality and empathy. It's essential for cultivating relationships. Treat others as you wish to be treated, and value their opinions.

2. Listen. Attentive listening requires participation, openness and receptivity. Practice:

- **Clarifying.** Ask questions when you're unsure. Instead of saying, "Why do you want to take that course?" try, "What do you want me to learn?" Make sure your message is understood as well. Try: "I'm not sure I'm being clear. What did you hear?"
- **Repeating.** To minimize misunderstanding, summarize what you hear. Then you and your boss will be clear on what's expected from you.
- **Reflecting feelings.** Let co-workers know that you hear and understand their thoughts. Consider what someone is feeling but not saying. Try empathy: "If that happened to me, I'd be angry."

3. Think before responding. Don't speak when you're angry or upset. Instead, take time to prepare and rehearse before confronting a potentially difficult conversation. Practice and visualization in advance will help manage your nerves.

4. Avoid malicious gossip. While it's natural to stand around the water cooler and gossip a little, keep it to a minimum. Don't engage in idle and nasty chat about co-workers. What you say can come back to haunt you.

5. Develop an appropriate speaking style and body language. How you speak is just as important as what you say. Speak briskly in a level, modulated voice. Pronounce words clearly. Be positive and brief while maintaining eye contact.

Radiate energy, enthusiasm, friendliness, competence and confidence. Avoid grimaces, lip biting, rolling your eyes and fidgeting. Sit erect. Stand tall, shoulders back. Develop a powerful handshake.

6. Be assertive. Make your needs and requests clear in a friendly way. Stick to the facts and set boundaries. Separate people from tasks. You can refuse requests without rejecting requesters. Ask, rather than complain.

7. Recognize and respect differences. Gender, cultural background, birthplace, occupation and personality all influence communication. Recognizing and respecting differences can help reduce misunderstandings.

For instance, extroverts often monopolize conversations. Introverts may find this rude and annoying while extroverts may perceive introverts aloof and detached. Mutual understanding could benefit both.

8. Give praise. Support and advice at the office are essential for good relations. Show your appreciation for a job well done, or a co-worker's help. Praise often and publicly. Link praise to a specific activity, quality or attribute.

9. Offer constructive feedback. Separate the person from the product or task. Instead of criticizing, begin with a compliment. Make suggestions for ways to improve.

10. Keep information flowing. Advise others of important news and stay informed about company and industry developments. No department can work in isolation. If customer service is inundated with complaints, everyone in the company should know about it. Bad news is worsened when kept from employees.

New Staff, Separation from LSH & Classification Changes

Please introduce yourself and welcome new Staff at Logansport State Hospital.

New Staff:

Lewis, Bonnie L.	CN3-IR2E-eve
Arwood, Brian A.	CN3-L2S- eve/mid
Barrett, Sandra K.	Cler Asst-HIS
Weese, Keith R.A.	SA-IR2W-eve
Richardson, Rosalie (nmn)	SA-L1S-eve
Morehouse, Damon E.	SA-IR2E-eve
Fullove, Debra A.	SA-L2S-eve
Campbell, Jeni K.	SA-IR3W-mid



Sneaky



Snaps!



**G
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A**



**G
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Gwen Frank shown standing with her winnings from the Morale Booster RED, WHITE & BLUE Chance. Congratulations Gwen.

Be on the lookout for Darrin and his camera. You may be the next person caught in the act.

Who's Next?

Who Am I?

Can you guess who is behind the stuffed animal? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by August 14, 2015.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Boosters, for a chance to win a free one dollar certificate from McDonald's.

Winner Will Be Announced In The Next Spectrum.



Kim Russell (L) and
Dr. Peter Burns (R)



Congratulations to Glen Vigar for guessing Dr. Peter Burns pictured as the last "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.